



HERITAGE

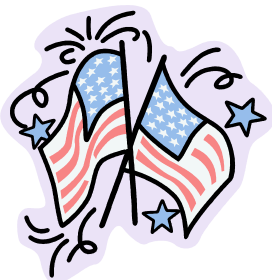
Welcome June, the month with the longest daylight hours of the year in the Northern Hemisphere! No wonder we feel more alive during this nice, warm month. The sun is providing more vitamin D that some of us so desperately need. The first day of Summer will be Saturday, June 21. Also, June 14 celebrates Flag Day. This month we will be celebrating Father's Day on Sunday, June 15th. All men are welcome to eat a complimentary lunch on this day. Please feel free to bring a guest. Simply RSVP with Tara at (978) 674-1171.

The Council on Aging (COA) is happy to welcome the City of Lowell's new City Manager, Kevin J Murphy. Manager Murphy began his new challenge in April. He is doing a remarkable job. The COA wishes him luck in this new position and also thanks him for his several years as Lowell's State Representative.

We would like to thank the Northwood Nursing Home for the delicious dessert of lemon meringue pie and the donated mint jelly to go along with our baked lamb dinner last month. This is also a friendly reminder that we do not hold a Dinner Dance during the summer months, other than the annual senior outing. Dinner Dances will return in September 2014.

We would also like to again thank the great, helpful group of volunteers from Youth Build who are such a big help at the Dinner Dance events.

If any of our local seniors are interested in becoming a mentor for Youth Build, please contact Ms. Sheehan at (978) 446-9803. A mentor is so important in the lives of these young men and women. It has benefits for both the mentor and the young adult being mentored.



The Merriam-Webster dictionary defines a mentor as "a trusted counselor or guide", "Someone who is helping you with your career, specific work projects or general life advice out of the goodness of his or her heart. I know the senior community in Lowell has a lot of knowledge and wisdom to offer.

The COA has recently had the second floor carpets professionally cleaned. They look great! Please help us with keeping the carpets looking bright and cheery, by refraining from bringing food or beverages upstairs. The only beverage allowed upstairs is water. For those of you who use the gym, this of course is a necessity needed for health and hydration. For your convenience, please remember we do have a water bubbler with cups. The COA would like to thank the "Friends of Lowell COA" for their generous donation of providing payments for the carpet cleaning.

The COA library annex has DVD's available for rent. Simply use your library card at the library reception desk. We will have a list of available movies for your review. Take one home tonight! The Library computer classes will stop for the summer months. The library staff will be working over the summer months to replace the computers with new models. Thank you, Pollard Memorial Library and their wonderful staff for their continued support and assistance. Volunteer computer teacher, Pierre will still be offering Friday morning classes at 9:30 am.

Don't forget to pick up your 2015 Volunteer Senior Service Tax Program application on Tuesday, July 1st! Applications will be available in the Volunteer Coordinator, Audrey McMahon's office. The first 30 approved applicants will be able to volunteer 100 hours of service to the Lowell

Continued page 8 ...

Inside

- 2 Contacts
- 3 Trips
- 6 Doctor's, Nurse's & More!
- 8 Veteran's Corner
- 10 Calendar Events
- 12 Lunch Menu
- 14 Crossword puzzle

CITY MANAGER

Kevin J. Murphy

~~~~~

**City Council****Mayor**

Rodney M. Elliott

**Vice Mayor**

John J. Leahy

\*\*\*\*\*

Corey A. Belanger

Edward J. Kennedy Jr..

William F. Martin Jr.

Rita M. Mercier

James L. Milinazzo

Daniel P. Rourke

William J. Samaras

**City of Lowell  
Veterans Services****Director / Agent**

Eric Lamarche

978-674-1595

ELamarche@lowellma.gov

**Head Clerk**

Carmen Felix

978-674-1596

CFelix@lowellma.gov

**Head Clerk**

Nancy McGuire

978-674-1597

NMcGuire@lowellma.gov

**Office Hours:****8:00 A.M. - 4:00 PM.****Monday - Friday**2nd Floor of the Senior  
Center in the administrative  
office area**SENIOR CENTER SERVICES****Main Number: 978-674-1172**

Fax: 978-970-4134

**Executive Director:** Michelle Ramalho  
978-674-1170 ~ mramalho@lowellma.gov**Receptionist:** Tara Donnelly  
978-674-1171 ~ tdonnelly@lowellma.gov**Events / Trips Coordinator:** Kathy Carroll  
978-674-1169 ~ kcarroll@lowellma.gov  
Monday-Friday 6 am to 2 pm**Volunteer:** Sandra Breen  
978-674-1176 ~ sbreen@lowellma.gov  
Monday-Wednesday 6 am to 1 pm**Outreach Coordinator:** Amy (Medina) Leal  
978-674-1167 ~ aleal@lowellma.gov  
Monday-Thursday 9 am to 4 pm**Volunteer Coordinator:** Audrey McMahon  
978-674-1166 ~ amcmahon@lowellma.gov  
Tuesday-Thursday 10 am to 2 pm**Minority Outreach Coordinator:** Linda Hin  
978-674-1173 ~ Lhin@lowellma.gov  
Monday-Friday 9 am to 12 pm**Outreach Volunteers:**

John R. Lawlor

978-674-1174 ~ Jlawlor@lowellma.gov  
Monday-Wednesday 10 am to 3:40 pm

Deanna Rabidoux

978-674-1168 ~ dlrabidoux@lowellma.gov  
Tuesday-Thursday 9 am to 4 pm

~~~~~

SHINE (Serving Health Insurance Needs for Elders)

Joan Gong 978-674-1172

Monday appointments ONLY 10 am to 1 pm

~~~~~

**Legal Services Assistance & Referrals**

For an appointment call

Tara at 978-674-1172 or 978-458-1465

~~~~~

Pollard Library 978-674-8634**COA Library Annex** 978-970-4186

~~~~~

"Heritage" Composition — Amy Leal  
Production Editor — John R. Lawlor**Lowell Senior Center Hours of Operation:**Monday—Friday: Open 6:00 am to 4:00 pm—Lunch  
served at 11:30 amSaturday - Sunday: Coffee & Pastries and Lunch ONLY—  
Open 7:00 am until 12 noon**COUNCIL ON AGING****BOARD OF DIRECTORS**

Joan Bedford

Eleanor Belanger

Joyce Dastou

Andrew Hostetler

John R. Lawlor

Sidney Liang

Vincenzo Milinazzo

Suellen O'Neill

William Sheehan, Chair

~~~~~

**Meetings are held 2nd Mondays
every month at 9:00am****FRIENDS of the
Lowell Council on Aging, INC.****BOARD OF DIRECTORS****PRESIDENT**

Dr. Joseph M. Downes Jr.

VICE PRESIDENT

Rita M. Mercier

TREASURER

Jacqueline Denison

SECRETARY

Claire Brodeur

DIRECTORS

Joseph Dussault

Lenny Gendron

Lorraine Mellen

Ray A. Roades

Arthur Toupin

~~~~~

Office hours vary

Call 978-674-1175.

Meetings held on last Friday  
of the month at 9:30 a. m.

Public welcome

**BINGO Committee**Chairman — Lenny Gendron  
Vice Chairman — Roland Cloutier  
Treasurer — Claire Brodeur

# LCOA Trips

The Motor Coach trips from Ayotte Garage are available for all ages 18-101! \$25 deposit. \*\*\*\* Overnight &/or Motor-coach  
All Trips must be paid in full one month prior to travel date. LCOA policy: no refunds (unless insurance is purchased).  
The "Civic Events" office is now open from 6:00 a. m. to 2:00 p. m. — Trip flyers available outside of 2nd floor office.

**ATTENTION: July 7, Monday trip has been changed to July 15, Tuesday ... Lobsta'fest & Newport, R I Playhouse "Weekend Comedy"**. Departs at 9:15 a.m. Cost \$65

**July 9, Wednesday ... Boston Duck Tour** Featuring the Ducks used in the Victory Parades for the 2013 World Champion Red Sox's Patriots & Bruins . Lunch off the menu @ the No Name Restaurant. History unfolds before your eyes as you explore Boston aboard our unique Ducks. You'll view diverse forms of architecture from a river view, examine local art and learn about Boston's lore and legend. Departs on Roger's Bus from the George Ayotte Garage. Cost \$60.

**July 16, Wednesday ... Vistas to Vineyards, Castle in the Clouds, Lunch at Wolfeboro Inn, Wine tasting at Flag Hill Winery.** Gratuity included. Departs George Ayotte Garage. Cost \$80.

**July 24, Thursday ... The Very Best of the Golden Oldies @ Danversport Yacht Club** Experience the very best of the Golden Oldies with New England's Premiere Oldies Band Straight Lace. With over 40 years of experience, a song list that includes 100 top ten selections, a high energy show that Rocks, Swings, and Twists. Departs LCOA at 9:15 am. Cost \$64.

**July 28, Monday ... Foxwoods Bonus Package** Included & transportation. Departs George Ayotte Garage at 7 am. Cost \$30.

**July 29, Tuesday ... Spirit of Boston** Includes transportation, cruise, luncheon, entertainment, & dancing. Departs LCOA. Cost \$60.

**August 12, Tuesday ... Foster's Clambake in York, ME & American Songbook featuring Lydia Harrell.** Enjoy a traditional Maine Lobster bake. We transform this venue with our lighting, and sound to bring you our amazing show called "The Great American Songbook". Departs from LCOA. Cost \$67.

**August 14, Thursday ... Surf & Turf @ the Newport, R I Playhouse** "Murder at the Howard Johnson" Is all fair in love? That question is posed by this light and very funny comedy about a love triangle at the Howard Johnson Motor Inn! Departs LCOA @ 9:15am. Cost \$65.

**August 20, Wednesday ... Ogunquit Playhouse: "Mary Poppins,"** lunch on your own at the Weathervane in Kittery, ME. Departs George Ayotte Garage. Cost \$90.

**August 27, Wednesday ... Casablanca by the Sea - Featuring Portland, Maine,** narrated harbor cruise & luncheon. We will arrive @ the Dunstan School House Buffet with "Over a 100 Items". After lunch, we will arrive at the Bay View Lady for a 90 minute cruise. Depart from the George Ayotte Garage at 9:15 am. Cost \$59.

**September 7-9, Sunday-Tuesday ... Taj Mahal Casino.** Includes 2 nights at the casino, \$30 casino slot cash, luxury Fox coach. Free parking at the George Ayotte Garage. Departs at 7 am. Cost \$209 dbl. \$298 sgl. \$205 trp.

**September 9, Tuesday ... "American Bandstand Revue" @ Venus De Milo in Swansea, MA** This show is for those 50's & 60's enthusiasts with music from Jerry Lee Lewis, Brenda Lee, Neil Sedaka, The Four Seasons, The Beach Boys, Paul Anka, Frankie Lyman, Freddie Cannon, Connie Francis, The Girl Groups and more! 11:30 doors open & lunch @ noon: Boneless Breast of Chicken, Soup, Potato, Vegetable, Dessert and Coffee. Roger's Bus Departs at 10:15 from LCOA. Cost \$50.

**September 18, Thursday ... New England goes Country @ Danvers, MA Yacht Club** Join us for an amazing day of Country music with 2 of New England's Hottest young stars to perform on our Best of Times stage. This is an opportunity to see two budding stars on their way up the country music charts and into the country mainstream. Complete meal of baked scrod or breast of chicken. Listen to some of our country favorite songs as well as some new songs sure to win over our country ears! Cost \$63.

**September 19, Friday ... Cape Cod Canal Cruise & Annual Bourne Scallop Festival – New Location @ The Barnstable County Fairgrounds in Falmouth!** Includes: admission to the Bourne Scallop Festival, with choice of Fried Scallop or Herb Roasted Chicken dinner, & narrated 90 minute Cape Cod Canal Cruise. Departs from the George Ayotte Garage @ 8am. Cost \$57.

**October 8-10, Wednesday ... Friday ... QVC Shoppers Special ...** Mushrooms, Wine & Gardens Day. See Flyer for more info. Cost: \$449 dbl, \$439 tpl, \$549 sgl.

**\*\*\*\*October 7-8, Tuesday-Wednesday ... Cranberry Bogs & Cranberry Wine.** Trip includes: 1 night lodging at the Hyannis Harbor Hotel, 3 Meals, Tour & Wine Tasting at Truro Vineyards, Cranberry Bog tour, 2 hour Cape Cod Canal Cruise, Tour along Historic Rt 3 6a, luggage handling, roundtrip transportation & more! See flyer for more info. Depart George Ayotte Garage. Cost: \$279 dbl, \$269 tpl, \$329 sgl.

**October 10, Friday ... Scenic Railroad & Hart's Turkey Farm,** complete Turkey dinner on dinner train. Departs at 8:00 am from LCOA. Cost \$55.

**October 22, Wednesday ... Cabaret Lulu at Old Sturbridge Village** Presents "Say It With Music" from the great shows of Broadway to down home blues & the sound of jazz, rock & roll, America sings & swings! Lunch & Show at the theater. Seasonal soup & turkey dinner or grilled salmon with potato & seasonal veggies; baked Indian pudding. Cost \$50.

**November 6, Thursday ... Andrews Sisters Tribute: "Letters from Home" at White's of Westport.** This show takes you down memory land with hits like "Don't Sit Under the Apple Tree", "Rum & Coca-Cola", "Every Time We Say Goodbye", "Pistol Pack'n Mama", "Bei Mir Bist DuShon", "Shoo Shoo Baby" & Boogie Woogie BugleBoy; this high energy shows that will be honoring the men and women of our military. Doors open @ 11:30am Lunch @ noon Choice of Boneless Stuffed Breast of Chicken or Baked Scrod, Potato, Vegetable Coffee & Dessert. Depart from LCOA. Departs for home at 3:30 pm. Cost \$65.

**\*\*\*\*November 7-9th, Friday-Sunday ... New York City Cruise to Nowhere,** September 11<sup>th</sup> Memorial, & The Radio City Rockettes Christmas Show. See Flyer for More Info! Cost \$399 per person.

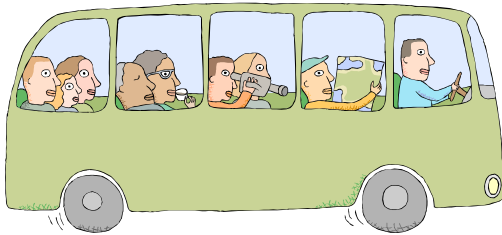
**November 12, Thursday ... The Letterman at Mohegan Sun.** Music & more! \$30 casino gaming package, \$20 free slot play or free bet & \$10 meal voucher. Includes transportation, driver's tip, show and ticket. Cost \$81.

**December 4, Thursday ... Newport, RI Playhouse:** "Lies, Cheat, & Genuflect." Two young men – gamblers who never win - have a rich uncle who is leaving all his money to a niece who is a nun - whom he has never seen! The uncle dies, and one of the nephews arrives as the niece, dressed as a nun! – begins! Full Buffet, Cabaret & Transportation. Cost \$55.

More information will follow on these next trips:

**December 4, Thursday ... The Sicillian Tenors: A Very Merry Christmas** at Demetri's Foxborough MA. Cost \$65

**December 31, Wednesday ... New Year's Eve Day Trip** at Danversport Yacht club. Cost \$84.



## **Roger's \$5.00 Trips**

*Ages 60 to 101!*

Bus leaves @ 9:15 am from the Senior Center.

The bus is Handicapped Accessible.

SCHEDULE IS SUBJECT TO CHANGE.

### **June tickets on sale May 30th**

5th ... Thursday ... Markey's & shopping NH  
6th ... Friday ... Canobie Lake Park (Senior Day 60+)  
9th ... Monday ... Hampton beach, NH  
16th... Monday ... Newburyport, MA  
19th...Thursday ... Wrentham, MA Outlets  
23rd...Monday ... Hampton beach, NH  
27th...Friday ... Quincy Market, Boston, MA

Limit (4) four tickets per person ... per trip! No employee or volunteer of the Senior Center is able to purchase tickets on behalf of a Senior Center member.

### **July tickets on sale June 31st**

1st ... Tuesday ... Hungry Traveler & shopping  
11th ... Friday ... Quincy Market, Boston, MA  
14th ... Monday ... Hampton beach, NH  
17th ... Thursday ... York beach, ME  
21st ... Monday ... Salisbury beach, MA  
28th ... Monday ... Hampton, beach, NH  
31st ... Thursday ... Newburyport, MA

If you arrive prior to 8 am on date of ticket sales, please make sure to sign your name on the numbered list on Tara's door. Tara will arrive at 8 am and give you your number & the list will be removed from the door & numbers will be distributed upon your arrival.

## **Poisoning Dangers from e-Cigarettes**

According to a new Centers for Disease Control (CDC) report, calls to poisoning centers involving liquid nicotine products for e-cigarettes have risen dramatically since 2010. Over half are the poisonings involved children under five years old, and over 40% involved people over 20 years old. According to the report, "Poisoning related to e-cigarettes involves the liquid containing nicotine used in the devices and can occur in three ways: by ingestion, inhalation or absorption through the skin or eyes."

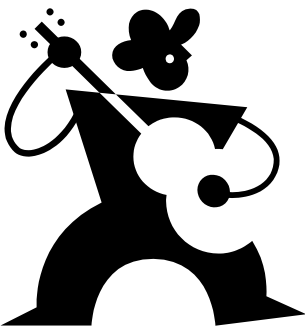


Lowell's new tobacco regulations, which took effect on January 1, 2014, prohibit the sale of e-cigarettes to minors. However, anyone who uses these products or has them in their home should be aware of the serious poisoning risk, especially to young children.

For more information contact: Cesar Pungirum MM, JD—Tobacco Program Director, City of Lowell Health Department, 341 Pine Street, Lowell, MA 01851 at 978.674.1073

## **Jambraree Festival**

JAMBRA of Lowell invites city residents to join us for the annual Jambraree festival Wednesday, June 11th. This is a wonderful afternoon block party celebrating our little corner of downtown Lowell. Local businesses, vendors and non-profits will be showcasing their crafts and services. Jambraree is a great



opportunity to see the many things that make the neighborhood a thriving area to work and live.

Join us for food, music, art and dancing downtown as a vendor or as a visitor. Vendor tables are just \$10 and can be reserved by calling Lindsay Casavant at 978.323.0800 x

2222. The event will feature performances by the Angkor Dance Troupe and the Lowell Jazz Band alumni. Lady Gaga and Red Sox raffle tickets will also be on sale to benefit Lowell Transitional Living Center (LTLC) and the Lowell Community Charter Public School (LCCPS) will be serving up their famous dogs and burgers while providing loads of fun entertainment

for kids, grown-ups and grown-ups who want to be kids!.

Kindly sponsored by Washington Savings Bank, Sage Bank, Lowell Community Health Center, LCCPS, LTLC, Durkin's Commercial Carpeting, The Club, Riverside Glass and Mill no. 5.

## **National Grid Warns New England Customers of On-Going Payment Scam**

Once again National Grid customers in New England are being targeted by utility bill scammers demanding immediate payment for electric bill balances, which customers might not even owe. The fraudulent callers are claiming to be from National Grid and threatening customers with immediate service shut-off unless they provide credit card or bank account information that can be used to access the accounts. There have been numerous reports of these types of scams in several states over the past year and National Grid continues to advise customers to be wary of any caller who threatens immediate service termination unless an immediate payment is made.

National Grid does contact customers with past due balances by phone to offer payment options and to remind them that service shutoff is a possibility if they fail to pay their past due balance. If customers wish, they can arrange for a payment by check, credit card or debit card if they speak directly to a customer service representative. Payment can also be made by credit card or debit card without a representative's assistance.



Customers should verify they are speaking with a National Grid representative. One way to do this is to commit to memory the last five digits of their National Grid account number and ask the caller to provide those numbers. If the caller can't provide the information, if you doubt the caller is a National Grid representative, or if you have any questions about your balance, hang up immediately and call our customer contact center at 800 -322-3223.

National Grid is the largest distributor of natural gas in northeastern U.S., serving approximately 3.4 million customers in New York, Massachusetts and Rhode Island. For more information please visit our website: [www.nationalgridus](http://www.nationalgridus)



## Doctor's, Nurse's & MORE

Blood Pressure & weight check:

**Circle Home, Inc. (LVNA)**

2nd Tuesday ... 8:00—10:00 am

3rd Tuesday ... 10:00 am—12:30 pm

**Albert Gauthier RN/ Blood Pressure**

Wednesdays ... 9:30—11:30 am

**Commonwealth Nursing**

1st & 4th Tuesdays ... 10:00 am—12:00 pm

**Dr. George Potamitis from Pro-Rehab**

Question and Answer sessions every

Wednesday from 10:00—11:00 am

**Affordable Hearing - Christopher Streeter**

Hearing Testing, Hearing Instrument Testing.

2nd Thursday of each Month from 9—11 am.

Please call 978-674-1172 for appointment.

**Diabetic shoes with Steven Carrucci**

2nd Tuesday of each month, please call

1-978-758-5378.

## CTI Bone Builders Class

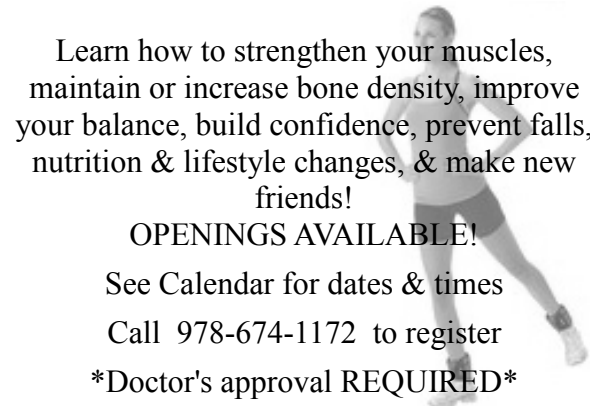
Learn how to strengthen your muscles, maintain or increase bone density, improve your balance, build confidence, prevent falls, nutrition & lifestyle changes, & make new friends!

OPENINGS AVAILABLE!

See Calendar for dates & times

Call 978-674-1172 to register

\*Doctor's approval REQUIRED\*



## SSA: Changes in Certain Services

To meet the increasing demands for our service, we need to make changes to how we provide some services to our customers. To protect the integrity of the Social Security number and prevent fraud, we will discontinue providing Social Security number printouts effective August 1, 2014. If you need proof of your Social Security number and you do not have your Social Security card, you will need to request a replacement Social Security card by completing the Application for a Social Security Card (Form SS-5) and providing the required documentation.



Also, effective October 1, 2014, Social Security will stop providing benefit verification letters in our offices. You will still be able to get an instant letter online with a personal my Social Security account or you may call 1-800-772-1213 to request a letter by mail.

Your Social Security card is your legal proof of your Social Security number. If you need proof of your number, and you can't find your card, you will need a replacement card. To get a replacement card, you must complete an Application for a Social Security Card (Form SS-5). You also will need documents proving your identity, age and citizenship or lawful immigration status. In most cases, you can take, or mail, your completed application and original documents to any Social Security office. After processing, we will return your documents to you.

If you need proof of your Social Security or SSI benefits, you can get a benefit verification letter online instantly through a Social Security account. To create an account, visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). Then you can easily view, print or save an official letter that includes proof of your: Benefit amount and type; Medicare start date and withholding amount (if applicable); and Age.

If you are unable to go online, you can call 1-800-772-1213 (TTY 1-800-325-0778) to request your letter be mailed to you. You also can use your annual cost-of-living adjustment notice or SSA Form 1099 as proof of income from Social Security.

## Getting Fit & Staying Fit

with Marian Silk

Mondays and Thursdays:

9:00 - 9:55 am

Wednesdays: 8:30 - 9:25 am

\$2.00 per class

*(I like to end 5 minutes early  
so we are out the door in one hour!)*



## YOGA

with Diana Kyricos

Wednesdays 10-11 am

\$5.00 per class

Benefits? Helps with arthritis, flexibility, strength, mobility, range of motion, pain, high blood pressure, breathing, circulation, & stress!

Atma Yoga 978-250-0441

[www.atmamoves.com](http://www.atmamoves.com)

Diana[at]atmamoves.com



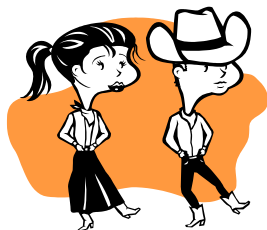
**Mah-jongg**

Mondays

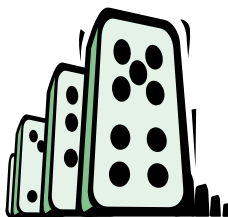
12:00—4:00 pm

**Country Line Dancing**

with Marcella Groulx

Tuesdays  
10:00 am—  
12:00 pm

\$5.00

**Dominoes**with Charlotte  
LandryTuesdays  
9:00—11:00 am**Hawaiian Hula Dance Lessons**

with Kim Stevens

Mondays  
10:00 amGood for joints  
And FUN!**Quilting  
Lessons**Wednesdays  
12:30—3:00 pm**Medicare and Mental Health Benefits**

Since January 2014, Original Medicare increased its payment for most outpatient mental health services to the same 80% level as other Medicare Part B services: you or your supplemental insurance must pay the remaining 20 percent coinsurance.

Medicare Advantage plans must cover the same services as Original Medicare, but your plan will likely require an in-network mental health care provider. If you have a Medicare Advantage plan, contact your plan to find out about your copayments.

You can receive mental health services in an outpatient hospital program, at a doctor's or therapist's office or a clinic. Medicare will help pay for outpatient mental health services from general and nurse practitioners, physicians' assistants, psychiatrists, clinical psychologists, clinical social workers or clinical nurse specialists, as long as they are Medicare providers. Know that psychiatrists are less likely to not accept Medicare than other practitioners.

**Ask your provider if they take Medicare before you begin receiving services!**

Medicare covers yearly screenings to detect depression. (Part D) Medicare prescription drug plans must cover nearly all antidepressant, antipsychotic, and anticonvulsant prescription drugs used to treat mental health conditions.

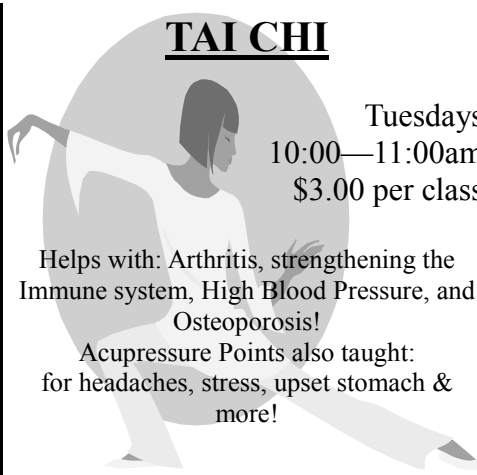
Original Medicare and Medicare Advantage plans continue to provide coverage for inpatient mental health services.

To better understand and access Medicare benefits, call your senior center and ask for a free, confidential SHINE appointment to discuss Medicare health insurance. You can also reach a SHINE counselor at 1-800-AGE-INFO (1-800-243-4636), then press or say 3. Once you get the SHINE answering machine, leave your name and number. A trained volunteer counselor will call you back as soon as possible.

**TAI CHI**Tuesdays  
10:00—11:00am  
\$3.00 per class

Helps with: Arthritis, strengthening the Immune system, High Blood Pressure, and Osteoporosis!

Acupressure Points also taught:  
for headaches, stress, upset stomach & more!

**Knitting  
&  
Crochet  
Group**Tuesdays  
12:00—3:00 pm

... Continued from page 1

municipality (between 7/1/14 – 4/1/14) and receive up to \$750 off their real estate tax bill. Please see inside newsletter for additional information on eligibility.

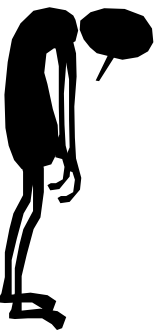
The wonderful and talented knitting volunteers are seeking donations of yarn for their projects, to include, baby hats, blankets, mittens and more. These lovely ladies donate their time and talent to assist the community in need with these items. If you have yarn you would like to donate, please drop it off to the COA or call Tara at (978) 674-1170 for a pick up. Thank you.

Do you like music from the 30's, 40's and 50's era? If so, come join us for some fun on Tuesday, June 17th at 12 noon. Steven Collins will be on site to entertain you and play music for your listening and dancing pleasure and enjoyment. The COA thanks Steven for choosing the Lowell COA for his performance, which is paid for partially from a grant from the Lowell Cultural Arts Council.

Outdoor activities are a great way to get exercise in the warm weather months. Please remember, TICK'S are more of a danger than ever this year. Be careful. Check yourself, your grandchildren, and pets daily, for these dangerous, but small critters. In Massachusetts both deer ticks and dog ticks can carry tick-borne diseases, such as Lyme disease. If you find one attached to skin, remove it immediately! The best way to avoid tick diseases is to avoid tick bites.

As usual the Lowell COA wishes you a safe, happy and healthy summer. Why not take a trip to the beach, watch a show or come on in for some cool air, good food and great socialization! Be safe.

Sincerely,  
Michelle Ramalho



## **Bereavement Get-together**

Mondays at 6:00 pm  
at the Chelmsford Senior Center  
Sponsored by Merrimack Valley Hospice  
Walk-ins Welcome  
For more info: 1-800-475-8335



## **Veteran's Corner**



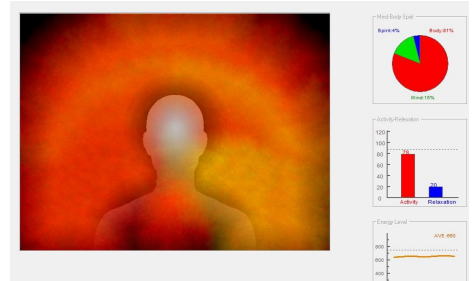
### **Natural Disaster Preparedness Event**

Held by The Red Cross at our monthly Veteran's Breakfast

Friday, June 13 at 9:15 am

## **BRAIN YOGA**

Come join us and  
see a picture of your energy!



Stretch and relax your brain with  
fun games and activities!

Begins Tuesday, June 3rd  
At 11:00 am

TRY BRAIN YOGA!

## **YOGA for VETs**

with Diana Kyracos

11:00 am—12:00 pm \$5.00

It is a chair yoga class in which we  
cover meditation and movements  
for posture, flexibility,  
coordination, and strengthening  
of the whole body.

## **B - I - N - G - O**

Every Wednesday

12:00—3:00 pm

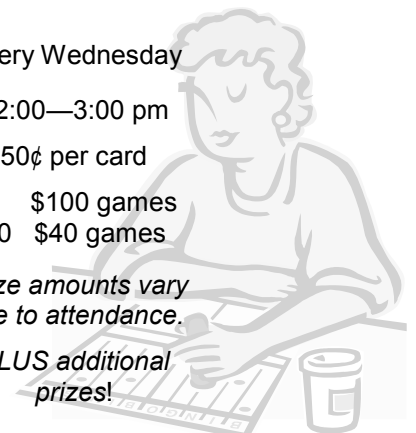
50¢ per card

6 \$100 games

10 \$40 games

Prize amounts vary  
due to attendance.

PLUS additional  
prizes!





## What You Should Know about Identity Theft

When your personal information is lost or stolen, it can lead to identity theft. Identity thieves sometimes use your personal information to file a tax return to claim a tax refund. Then, when you file your own tax return, the IRS will not accept it and will notify you that a return was already filed using your name and social security number. Often, learning that your return was not accepted or receiving a contact from the IRS about a problem with your tax return is the first time you become aware that you're a victim of identity theft.

**How to avoid becoming an identity theft victim. 1. Guard your personal information.** Identity thieves can get your personal information in many ways. This includes stealing your wallet or purse, posing as someone who needs information about you, looking through your trash, or stealing information you provide to an unsecured website or in an unencrypted e-mail. **2. Watch out for IRS impersonators.** Be aware that the IRS does **not** initiate contact with taxpayers by email or social media channels to request personal or financial information or notify people of an audit, refund or investigation. Scammers may also use phone calls, faxes, websites or even in-person contacts. If you're suspicious that it's not really the IRS contacting you, don't respond. **3. Protect information on your computer.** While preparing your tax return, protect it with a strong password. Once you e-file the return, take it off your hard drive and store it on a CD or flash drive in a safe place, like a lock box or safe. If you use a tax preparer, ask how he or she will protect your information.

**How to know if you are, or might be, a victim of identity theft.** If the IRS notifies you that: **1.** You filed more than one tax return or someone has already filed using your information; **2.** You owe taxes for a year when you were not legally required to file and did not file; or **3.** You were paid wages from an employer where you did not work. Respond quickly using the contact information in the letter you received from the IRS so that we can begin to correct and secure your tax account.



If you think you may be at risk for identity theft due to a lost or stolen purse or wallet, questionable credit card activity, an unexpected bad credit report or any other way, contact the IRS Identity Protection Specialized Unit toll-free at 1-800-908-4490. The IRS will then take steps to secure your tax account. The Federal Trade Commission also has helpful information about reporting identity theft. For more information – including how to report identity theft, phishing and related fraudulent activity – visit the Identity Protection home page on IRS.gov and click on the Identity Theft link at the bottom of the page.

**IRS Works to Protect Taxpayer Refunds, Detect and Resolve Identity Theft Cases.** The IRS takes identity theft-related tax fraud very seriously and realizes that identity theft is a frustrating process for victims. By late 2012, the IRS assigned more than 3,000 employees — more than double from 2011 — to work on identity theft-related issues. The IRS recently announced that a year-long nationwide focus on tax refund fraud and identity theft has resulted in more than 100 arrests in 32 states and Puerto Rico.

## Anxiety Support Group

with Steve Coupe

Fridays  
2:00—3:45 pm




## Fallon Senior Plan Meeting

Monday, July 14 @ 10am

Aging into Medicare? Qualify for a special election period? A Fallon Senior Plan representative will be at the Lowell Senior Center to discuss the Fallon Senior Plan options for 2014. Please stop by to learn more about one of your Medicare Options.



| MONDAY                                                                                                                                                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                                                                                                                              | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                                                                                            | FRIDAY                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 2.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 Hawaiian Hula Dance<br>10-1 SHINE councilor—Call 978-674-1172 for appointment<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>12 Movie: Phantom of the Opera<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B    | 3.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12 Commonwealth Nursing<br>10-12 Country Line Dancing \$5<br>10-11 Tai Chi \$3<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3 Picture ID's \$3                                                      | 4.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together                            | 5.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B                                                                                                           | 6.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>9:30-11:30 Advanced Computer Classes with Pierre<br>10-11 Registrar of deeds<br>Richard Howe meet & greet<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1.00, Cd's with DJ Franky D, hot dogs<br>2-3:45 Anxiety Support Group with Steve Coupe           |
| 9.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>9:00 COA Board Meeting<br>10:00 Hawaiian Hula Dance<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B                                                                      | 10.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>8-10 LVNA Blood Pressure<br>8:30 CTI MTG—Mandatory<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>NO Country Line Dancing<br>10-11 Tai Chi \$3<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage<br>12-3 Knitting & Crochet<br>1-3—Picture IDs \$3                                     | 11.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>10-11 Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together                           | 12.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>9:00 Getting Fit w/Marian Silk \$2<br>9-11 Hearing Aid Maintenance, equipment test & hearing test<br>10:00 AA Info meeting<br>11:30 Lunch (see menu) \$2<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B                                           | 13.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>9:00 Veterans Breakfast & Red Cross Natural Disaster Prepare<br>9:30-11:30 Advanced Computer Classes with Pierre<br>11:30-3:45 Poker<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>1-3 Senior Social \$1.00, Cd's with DJ Franky D, hamburgers<br>2-3:45 Anxiety Support Group with Steve Coupe |
| 16.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>8:30-9:30 CTI Bone Builders A<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 Fallon Senior Plan Meeting<br>10:00 Hawaiian Hula Dance<br>10-1 SHINE councilor—Call 978-674-1172 for appointment<br>11:30 Lunch (see menu) \$2<br>12-3:45 Bid Whist Cards<br>12-4pm MAH-JONGG<br>1:00 Choral Group Rehearsal<br>1:45-2:45 CTI Bone Builders B | 17.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>9-11:30 Dominoes<br>10-12 LPD drop-in<br>10-12:30 LVNA Blood Pressure<br>10-12 Country Line Dancing \$5<br>10-11 Tai Chi \$3<br>11:30 Lunch (see menu) \$2<br>11:45 Wii Games<br>Noon Cribbage<br>Noon Theater of the 30's, 40's, & 50's with Steven Collins (no charge)<br>12-3 Knitting & Crochet | 18.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>8:30-9:25 Getting Fit w/Marian Silk \$2<br>8:30-9:30 CTI Bone Builders A<br>9:30-11:30 Blood Pressure with Albert Gauthier, RNBP<br>9:30 Card Workshop \$5<br>10-11 Yoga for Seniors \$5<br>11-12 Yoga for Vets \$5<br>11:30 Lunch (see menu) \$2<br>1-3 Bingo<br>1:30-3:30 Quilting Get together | 19.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>9:00 Getting Fit w/Marian Silk \$2<br>10:00 AA Info meeting<br>9:00 United Healthcare Seminar<br>11:30 Lunch (see menu) \$2<br>12:30 Kid's movie Day: Home on the Range, popcorn & beverage served<br>12-3:45 Cards: 45's & Whist<br>1:45-2:45 CTI Bone Builders B | 20.<br>7-9 Breakfast Program with a<br>50¢ Suggested donation<br>9:30-11:30 Advanced Computer Classes with Pierre<br>11:30 Lunch (see menu) \$2<br>11:30-3:45 Poker<br>11:45 Wii Games<br>1-3 Senior Social \$1.00, DJ Kevin Reilly, Parks & recreation sponsored, chicken fajitas<br>2-3:45 Anxiety Support Group with Steve Coupe                                    |

|                                                            |                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                                                                                           |                                                                                      |
|------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| <p>12-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p> | <p>23.<br/>7-9 Breakfast Program with a<br/>50¢ Suggested donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 Hawaiian Hula Dance<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONGG<br/>1:00 Choral Group Rehearsal<br/>1:45-2:45 CTI Bone Builders B</p>                                                                 | <p>24.<br/>7-9 Breakfast Program with a<br/>50¢ Suggested donation<br/>9-11:30 Dominoes<br/>10-12 LPD drop-in<br/>10-12 Commonwealth Nursing<br/>10-12 Country Line Dancing \$5<br/>10-11 Tai Chi \$3<br/>11:30 Lunch (see menu) \$2<br/>11:45 Wii Games<br/>12-3 Brown Bag Pick Up ONLY<br/>Noon Cribbage<br/>12-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3<br/>1-2 Planning for Tomorrow, Today</p> | <p>25.<br/>7-9 Breakfast Program with a<br/>50¢ Suggested donation<br/>8:30-9:25 Getting Fit w/Marian<br/>Silk \$2<br/>8:30-9:30 CTI Bone Builders A<br/>9:30-11:30 Blood Pressure with<br/>Albert Gauthier, RNBP<br/>NO Yoga for Seniors \$5<br/>11-12 Yoga for Vets \$5<br/>11:30 Lunch (see menu) \$2<br/>1-3 Bingo<br/>1:30-3:30 Quilting Get together</p> | <p>26.<br/>7-9 Breakfast Program with a<br/>50¢ Suggested donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA Info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone B builders B</p> | <p>27.<br/>7-9 Breakfast Program with a<br/>50¢ Suggested donation<br/>9:30 Friends of COA Board Mtg.<br/>9:30-11:30 Advanced Computer<br/>Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00, Dj Nick<br/>Diamond, pizza<br/>2-3:45 Anxiety Support Group<br/>with Steve Coupe</p> |   |
| <p>12-3 Knitting &amp; Crochet<br/>1-3 Picture IDs \$3</p> | <p>30.<br/>7-9 Breakfast Program with a<br/>50¢ Suggested donation<br/>8:30-9:30 CTI Bone Builders A<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 Hawaiian Hula Dance<br/>10-1 SHINE councilor—Call 978-<br/>674-1172 for appointment<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Bid Whist Cards<br/>12-4pm MAH-JONGG<br/>1:00 Choral Group Rehearsal<br/>1:45-2:45 CTI Bone Builders B</p> |                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                            | <p>26.<br/>7-9 Breakfast Program with a<br/>50¢ Suggested donation<br/>9:00 Getting Fit w/Marian Silk \$2<br/>10:00 AA Info meeting<br/>11:30 Lunch (see menu) \$2<br/>12-3:45 Cards: 45's &amp; Whist<br/>1:45-2:45 CTI Bone B builders B</p> | <p>27.<br/>7-9 Breakfast Program with a<br/>50¢ Suggested donation<br/>9:30 Friends of COA Board Mtg.<br/>9:30-11:30 Advanced Computer<br/>Classes with Pierre<br/>11:30 Lunch (see menu) \$2<br/>11:30-3:45 Poker<br/>11:45 Wii Games<br/>1-3 Senior Social \$1.00, Dj Nick<br/>Diamond, pizza<br/>2-3:45 Anxiety Support Group<br/>with Steve Coupe</p> |  |

# Sponsors



# Lunch Menu



**Lunch is served at 11:30 am.** Sugar-Free Jell-O & 1% Milk is available daily. **Menu subject to change.**

Lunch Tickets are available daily until 10:30 a. m. Seniors that arrive later must pay cash and will follow ticket holders.

Funding for our meal program is made possible by: EOEa, Merrimack Valley Nutrition, & City of Lowell

| Sunday                                                                       | Monday                                                                          | Tuesday                                                           | Wednesday                                                               | Thursday                                                                        | Friday                                                           | Saturday                                                    |
|------------------------------------------------------------------------------|---------------------------------------------------------------------------------|-------------------------------------------------------------------|-------------------------------------------------------------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------|
| 1. Roast beef, mashed potatoes, gravy, green beans, wheat bread, mixed fruit | 2. Salisbury steak, mashed potatoes, mixed veggies, wheat bread, pudding, juice | 3. Chicken legs, rice, carrots, wheat bread, mandarin oranges     | 4. Veal parm, potatoes, peas, rye bread, pears                          | 5. Pork chops, potatoes, carrots, wheat rolls, yogurt                           | 6. Seafood salad, pasta salad, coleslaw, wheat roll, sherbet     | 7. Hamburger & onions, roll, potatoes, peas, orange         |
| 8. Baked ham, yams, peas, wheat bread, banana                                | 9. Chicken breast filet, rice, carrots, wheat bread, fruit salad                | 10. Low-sodium hot dog, baked beans, roll, yogurt, apricots       | 11. Vegetable lasagna, garlic stick, pineapple chunks                   | 12. Chicken a la King, rice, carrot, wheat bread, peaches                       | 13. Tuna salad, 3 bean salad, potato salad, wheat bread, fruit   | 14. Liver and onions, potatoes, peas, wheat roll, fruit cup |
| 15. Roast turkey, peas, potatoes, gravy, cran sauce, rye bread, fruit        | 16. Meatball sub, cheese, chips, mix peaches & apricots, green salad            | 17. Turkey loaf, mashed potatoes, green beans, wheat bread, apple | 18. American chop suey, California blend, garlic stick, pudding, juice  | 19. Chicken legs, mashed potatoes, corn, wheat roll, fruit cup                  | 20. Fish Florentine, potatoes, mixed veggies, wheat bread, pears | 21. Meatloaf, mashed potatoes, carrots, rye bread, yogurt   |
| 22. Stuffed peppers, potato, mixed veggies, rye bread, cookie, juice         | 23. Spaghetti & meatballs, garden salad, garlic stick, orange                   | 24. Chicken salad, 3 bean salad, potato salad, juice, cookie      | 25. BBQ beef rib, mashed potatoes, green beans, wheat bread, pineapples | 26. Chicken croquettes, rice pilaf, gravy, California blend, rye bread, peaches | 27. Fish cakes, whole potatoes, peas, rye bread, fruit cup       | 28. Pork pie, potatoes, carrots, apple, rye bread           |
| 29. Cheese ravioli, green salad, garlic sticks, peaches                      | 30. Chicken cacciatore, gravy, potatoes, mixed veggies, rye bread pears         |                                                                   |                                                                         |                                                                                 |                                                                  |                                                             |
|                                                                              |                                                                                 |                                                                   | <b>JUNE</b>                                                             |                                                                                 |                                                                  |                                                             |

## Free Transportation to Center

Seven days a week pick-up and drop off (Except Holidays) to the Senior Center to do errands in the area and have lunch. You **MUST** call before 9:00 a.m. the day of your ride. Departure is after lunch (appr. 12:30 pm-1:30 pm); except Saturday and Sundays which is at 12:15 pm.

## Grocery Trips to Market Basket

Tuesdays and Thursdays (2-bag limit). Call 978-674-1172 within 48 hours before your requested day. Call Mon. thru Fri. from 9 a.m. - 3p.m. to schedule your ride. Seniors are eligible if you do not have a vehicle and are 60 or older.





Okshun Shin  
celebrating her  
birthday!



Mr. & Mrs. Moriarty enjoying themselves at  
the Monthly Dinner Dance, celebrating Kenny  
Moriarty's Birthday!



Stanley Strykowski  
celebrating his 89th  
birthday!



Exercise for Health aerobics class with instructor Marian Silk



# HOLIDAY FUN

## Flag Day

In the United States, Flag Day is celebrated on June 14. It commemorates the adoption of the flag of the United States, which happened on that day in 1777 by resolution of the Second Continental Congress. In 1916, President Woodrow Wilson issued a proclamation that officially established June 14 as Flag Day; in August 1949, National Flag Day was established by an Act of Congress. Flag Day is not an official federal holiday.

On June 14, 1937, Pennsylvania became the first (and only) U.S. state to celebrate Flag Day as a state holiday, beginning in the town of Rennerdale. New York Statutes designate the second Sunday in June as Flag Day, a state holiday.

Perhaps the oldest continuing Flag Day parade is at Fairfield, Washington. Beginning in 1909 or 1910, Fairfield has held a parade every year since, with the possible exception of 1918, and celebrated the "Centennial" parade in 2010, along with some other commemorative events.

Quincy, Massachusetts has had an annual Flag Day parade since 1952 and claims it "is the longest-running parade of its kind in the nation." The largest Flag Day parade is held annually in Troy, New York, which bases its parade on the Quincy parade and typically draws 50,000 spectators. Woburn Massachusetts also holds a carnival and puts on a firework display every year.

## A Computer Poem

The computer swallowed Grandma,  
Yes, honestly it's true!  
She pressed "Control" & "Enter"  
And disappeared from view.  
It devoured her completely,  
The thought just makes me squirm.  
She must have caught a virus,  
Or been eaten by a worm.

I've searched through the recycle bin  
And files of every kind;  
I've even used the internet,  
But nothing did I find.  
In desperation, I asked Mr. Google  
My searches to refine.  
The reply from him was negative,  
Not a thing was found "Online."  
So, if inside your "Inbox,"  
My Grandma you should see,  
Please "Copy," "Scan" & "Paste" her,  
And send her back to me.

### ACROSS

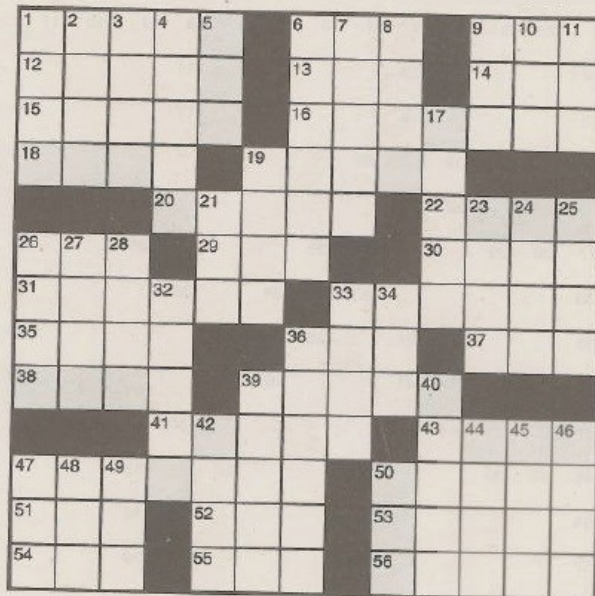
1. Drinking aid
6. Messy dwelling
9. Feline foot
12. Fee
13. Pair number
14. Watch carefully
15. "\_\_\_ is Enough"
16. Kin
18. Medicine portion
19. Soup veggies
20. Not tart
22. Sacrifice
26. Bath place
29. Grain
30. Solemn promise
31. Tahiti, e.g.
33. Diner's choice
35. Bitter dispute
36. Overly
37. Observe secretly
38. Actor Savage
39. Finger adornments
41. Smooths
43. Curious
47. Deity
50. Auto model
51. Citrus refreshment
52. Kickoff aid
53. Tell's missile
54. Itch

55. This bird gives a hoot
56. Mosquitoes, e.g.

### DOWN

1. Zipped
2. Musical combo
3. Big trucks
4. Longs
5. Dampen
6. Avenue
7. Chirp
8. Egg center
9. Cherished beast
10. Popeye's yes
11. Unite in matrimony
17. Broad necktie
19. Star performer
21. Succeeded
23. Boat movers
24. Short distance
25. Those people
26. Spat
27. Operator
28. Sad
32. Remarked further
33. Geologic ages
34. Seasonal beverage
36. Christmas decoration
39. Darn again
40. Saw logs
42. Presidential "no"
44. Mine and yours
45. Primer pooch
46. Evergreen plants
47. Chipper
48. "\_\_\_ to Joy"
49. Study
50. Bottle lid

**Answers  
page 16**



## **Senior Tax Work-Off Program**

The City of Lowell offers seniors the opportunity to apply for the Property Tax Work-off program to receive a \$750 property tax relief benefit by helping municipal departments and schools. The benefit is applied to the bill when the 100 hours are completed.

The Assessor's office will make the determination for qualification to participate in the program. Both income & assets apply as factors, including: checking accounts, savings accounts, IRAs, Mutual Funds, Stocks, Bonds, all registered motor vehicles, and any other real estate owned other than current residence.

Applications will be available at the Senior Center on July 1st. The program runs from July 1st, 2014 through April 1st, 2015. Positions are limited.

Seniors must be 60 years of age or older and a Lowell homeowner, living in the home. Seniors must be on the deed with no plans to sell or transfer the property. Married couples may work together to complete the hours.

Please call the Volunteer Coordinator: Audrey McMahon at 978-674-1166 or the Chief Assessor: Sue Lemay at 978-674-4200.

## **Are you a Hospital Inpatient or Outpatient?**

If You Have Medicare—Ask! Did you know that even if you stay in the hospital overnight, you might still be considered an outpatient?" Your hospital status (whether the hospital considers you an "inpatient" or "outpatient") affects how much you pay for hospital services (like X-rays, drugs, and lab tests) and may also affect whether Medicare will cover what you get in a skilled nursing facility.

You're an inpatient starting the day you're formally admitted to the hospital with a doctor's order. The day before you're discharged is your last inpatient day.

You're an outpatient if you're getting emergency department services, observation services, outpatient surgery, lab tests, or X-rays, and the doctor hasn't written an order to admit you to the hospital as an inpatient. In these cases, you're an outpatient even if you spend the night at the hospital.

Observation services are hospital outpatient



services given to help the doctor decide if the patient needs to be admitted as an inpatient or can be discharged. Observation services may begin in the Emergency Department or another area of the hospital. If you're in the hospital for more than a few hours always ask your doctor or the hospital staff if you're an inpatient or an outpatient. For more info. call 1-800-MEDICARE (1-800-633-4227.)

## **Tufts Health Plan Security Breach**

Tufts Health Plan recently learned that the personal information of approximately 8,830 former and current members of Tufts Medicare Preferred was stolen. This was not due to an electronic breach, IT system vulnerability or hacking. This was brought to our attention by federal officials during the course of an investigation that is still ongoing.



The information included names, birth dates and Social Security numbers. It did not include personal medical or health information. Based on the current information to which we have access, this affects former and current Tufts Medicare Preferred members only. The individuals whose information was stolen are currently being notified. We will also be notifying all our current Tufts Medicare Preferred members who were not affected, to make them aware of this incident. We want to do everything we can to support our members during this time.

We are offering the affected Tufts Medicare Preferred members year-long credit monitoring and identity theft protection to guard against the fraudulent use of this data. For those former and current Tufts Medicare Preferred members whose information was not stolen but are still worried, we are also offering year-long credit monitoring.

We cannot convey strongly enough our regret that this incident occurred. We are sorry. There is nothing we value more than the trust our members place in us. As soon as we learned of this situation we took immediate action, conducting our own investigations while working very closely and in full cooperation with federal investigators.

We are reinforcing our existing policies and practices in the workplace and evaluating additional safeguards to help prevent a similar incident from occurring in the future. Tufts Health Plan takes this matter very seriously, and is committed to our members and protecting their privacy.

## **Planning for Tomorrow, Today!**

Tuesday, June 24 at 1:00 pm

Chances are you are going to live a long life. If you live a long life, you may need long term care. If you need care, how will you get it and how will you pay for it? There are many questions that come with this topic, both for you and your family. Come to this seminar and understand long term care insurance!

## **Here Comes the Sun!**

While we're happy for the longer, sunny days of summer, they should come with a warning label: even a few serious sunburns can increase your risk of getting skin cancer.

Skin cancer is the most common type of cancer in the United States. Ultraviolet (UV) radiation from the sun is the main cause of skin cancer. UV damage can also cause wrinkles and blotches or spots on your skin. The good news is that skin cancer can be prevented, and it can almost always be cured when it's found and treated early.

Here are some simple steps you can take today to protect your skin: Stay out of the sun between 10 a.m. and 4 p.m.; Use sunscreen with SPF 15 or higher; Cover up with long sleeves and a hat; Check your skin once a month for changes.

Most of a person's lifetime sun exposure occurs before the age of 18. If you have children, take extra care to protect their vulnerable skin from the sun.

Visit [www.Mass.gov](http://www.Mass.gov) for more tips to reduce your risk of skin cancer.



## **Lowell General Hospital Stroke Support Group**

Monthly meetings run on the second Thursday of the month at the Main Campus in the Donovan Conference Room from 6:00-7:30pm.

More than one million Americans and their families are living with the disabling effects from a stroke. Recovery from a stroke can take months or even years, and up to 30% of people never fully recover from a stroke. You have questions. You seek assistance. You need to connect with other survivors. You want to make a difference. We want to help.

Please join us as we discuss how to move forward and what you can do to prevent another stroke. Significant other/caregiver welcome. Light refreshments will be offered. Registration Required.

To register, email Kathleen Laferriere RN, BSN, CCRN Cardiac Health Educator at [laferriere@lowellgeneral.org](mailto:laferriere@lowellgeneral.org) or call 1-978-788-7125.

## **Sharps DISPOSAL AT Lowell Senior Center ENDS July 1st**

Sharps (needles, lancets and syringes) are no longer allowed to be disposed of in the trash! The City of Lowell has several options for proper disposal.

Please bring sharps in a "sharps container" or a STURDY, water and puncture proof sealed container (such as bleach or detergent bottle) to one of the locations listed below:

The Lowell Regional Wastewater Utility - accepts sharps on the last Saturday of every month. For additional information about this location, please call 978-674-4248.

The Darby Drop in Center at Lowell House - offers a variety of services to the community in need. For additional information about this location, please call 978-459-8656.

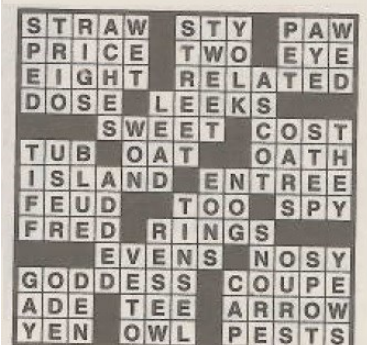
Household Hazardous Waste Days - the Solid Waste and Recycling Office holds two household hazardous waste days. Sharps, like motor oil, are considered hazardous waste and can be dropped off at one of the events.

Please note that none of these locations are equipped to accept commercial disposal of sharps - only household disposal! Help protect the people we love and the environment we live in by disposing of your sharps properly! Please feel free to contact the Health Department directly at 978-674-4308, so that we may answer any comments, questions, or concerns you may have.

## **Visiting Nurse Association of Greater Lowell (or LVNA) is changing in name ONLY to Circle Home, Inc.**

For more info,  
call 978-805-2651

**Puzzle on page 14**



**SPONSORS**

**SPONSORS**



**SPONSORS**

Friends of the Lowell Council on Aging, Inc.  
276 Broadway Street  
Lowell, MA 01854

NON-PROFIT ORG  
US POSTAGE  
PAID  
LOWELL, MA  
PERMIT 107

~ The official publication of the Lowell Senior Center ~

[www.lowellma.gov/seniors](http://www.lowellma.gov/seniors)



FUNDING FOR OUR NEWSLETTER IS PROVIDED BY THE EXECUTIVE OFFICE OF ELDER AFFAIRS, THE CITY OF LOWELL, THE FRIENDS OF LOWELL COUNCIL ON AGING INC & OUR GENEROUS ADVERTISERS.

**GREATER MERRIMACK VALLEY**

# Vintage & Classic Car SHOWCASE

**SATURDAY, JUNE 21, 2014 • 11 AM - 8 PM • DOWNTOWN LOWELL, MA**

**Featured Event**

**Lowell, MA**

The Great Race is a nationally recognized road rally that has been running for 31 years. Every year the course is different. The 2014 course starts in Ogunquit, Maine and ends in The Villages, Florida.

The City of Lowell has the honor of being the first overnight stop in the Great Race.

**Great Race Stats**

- Starting Line: Ogunquit, Maine
- Finish Line: The Villages, Florida
- 10 States in 9 Days
- 2,100 Miles
- 100 Vintage Cars from 1914 - 1959
- Cars include Vintage Race Cars, Vintage Passenger Cars and Hot Rods

**Schedule of Events**

**Classic Car Show** ..... 11 am to 4 pm  
Up to 400 cars will be showcased at the following parking lots:

- Jeanne D'Arc Credit Union... One Tremont Place
- Lowell Five..... French Street
- Tsongas Center..... 300 Martin Luther King, Jr. Way

**Cruisin' Lowell** ..... 1 pm to 4 pm  
20 cars will participate in Cruisin' Lowell on Merrimack Street.

**Children's Area** ..... 11 am to 5 pm  
Enterprise Bank Parking Lot, Middle Street  
Antique jeep, fire trucks and other vehicles will be on display for photo opportunities and to sit in. There will also be face painting, balloon animals, temporary tattoos and much more!

**Vendors' Area** ..... 11 am to 8 pm  
Lucy Larcom Park  
A wide and interesting array of vendors offering everything vintage!

**Featured Event: The Great Race**

**Great Race Arrival** ..... 4:45 pm to 6 pm  
Great Race participants arrive in Downtown Lowell starting at 4:45 pm. Suggested viewing of car parade is Market Street.

**Great Race Cars on Display** ..... 6 pm to 8 pm  
100 Great Race cars will be on display on Middle Street until 8 pm.

**Summer Solstice Weekend Activities**

Lowell Spinners Baseball ... vs. Tri-City Valley Cats on June 20, 21 & 22  
Lowell Summer Music Series ..... Delta Rae performs June 20  
..... Amos Lee performs June 21

**And Much, Much More!**

For details of all Summer Solstice Weekend Activities visit:  
[www.merrimackvalley.org](http://www.merrimackvalley.org)

# Save the Date!

**3rd Annual Golf Tournament**

the **Wish Project**

**Sign up today!**

**June 23th** Monday 8am tee off

**Four Oaks Country Club** Dracut, MA

[www.thewishproject.org](http://www.thewishproject.org) 978-441-WISH

The City of  
**LOWELL**  
Alive. Unique. Inspiring.



Greater Merrimack Valley  
Convention & Visitors Bureau  
adventures await



MASSACHUSETTS  
IT'S ALL HERE!  
[mass.gov](http://mass.gov)

Funded by the Massachusetts Office of Travel and Tourism